1	THE EMBODIMENTS OF THE INVENTION IN WHICH AN
2	EXCLUSIVE PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS
3	FOLLOWS:
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5	1. An insert for use in a ball and seat valve finding application in a
6	reciprocating downhole pump, comprising:
7	a cylindrical tubular body forming a through-bore and having vertically
8	spaced apart top and bottom rings joined by circumferentially spaced apart
9	ribs, the rings and ribs combining to form side openings;
10	the ribs supporting inwardly protruding flanges having upper inner ends
11	arching together toward the longitudinal axis of the body, the flanges each
12	thinning upwardly and inwardly; and
13	an upwardly directed, elongate reinforcing member connected with the
14	flanges at their upper inner ends, the reinforcing member and flanges
15	protruding above the upper ring;
16	the flanges and reinforcing member combining to form a semi-spherical
17	ball stop.
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19	2. The insert as set forth in claim 1 wherein:
20	the ribs are inclined and shaped to form helically configured side
21	openings; and

the flanges are helically directed.

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- 3. The insert as set forth in claim 2 wherein:
- the flanges correspond at their bases with the shaping of the ribs.